

IN THE CLAIMS

1. (Canceled).

2. (Canceled).

3. (Canceled).

4. (Canceled).

5. (Canceled).

6. (New)      A method of forming a molded article comprising the steps of:

injecting a molding material into a metal mold having at least one pipeline;

using a heating medium to heat the metal mold to a temperature 0° to 100°C greater than a heat deformation temperature of the molding material to form the molded article; and

using a cooling medium to cool the metal mold to a temperature 0° to 100°C lower than the heat deformation temperature of the molding material during extraction of the molded article from the metal mold;

wherein the heating medium and the cooling medium are passed through the same at least one pipeline to either heat the metal mold or cool the metal mold.

7. (New)      The method of claim 6, further comprising the step of:

maintaining the metal mold at an elevated pressure during the step of heating the metal mold to a temperature 0° to 100°C greater than a heat deformation temperature of the molding material.

8. (New) The method of claim 6, wherein the molding material is selected from alicyclic polyester, polycarbonate/polybutylene terephthalate, polycarbonate/polyethylene terephthalate, polybutylene terephthalate, or polyethylene terephthalate.

9. (New) The method of claim 6, wherein the molded article comprises an automotive outer panel.

10. (New) The method of claim 9, wherein the automotive outer panel is selected from a pillar, a fender, a door panel, or a spoiler.

11. (New) The method of claim 6, wherein the heating medium is selected from hot water or heating oil.

12. (New) The method of claim 6, wherein the cooling medium is selected from cold water or cooling oil.

13. (New) The method of claim 6, further comprising an electrical heater for use in heating the metal mold during heating of the molding material.